

(4)

A  
**LETTER**  
ADDRESSED  
TO THE  
**GENTLEMEN**  
OF THE  
**MEDICAL PROFESSION**  
ON THE  
NATURE AND PROPERTIES  
OF THE  
**ALUMINOUS CHALYBEATE WATER,**  
SOME TIME SINCE DISCOVERED AT  
SAND ROCKS, IN THE PARISH OF CHALE,  
IN THE  
*Isle of Wight;*

THE DISEASES IN WHICH IT HAS BEEN ADVANTAGEOUSLY EMPLOYED, AND THE MODE OF ADMINISTERING IT BOTH INTERNALLY AND EXTERNALLY.

---

By T. L. WATERWORTH, SURGEON,  
Honorary Member of the Physical Society, Guy's Hospital;  
Surgeon to the Isle of Wight Volunteer Cavalry; one of  
the Surgeons of the House of Industry; and Member  
of the Society of Natural History of the Island.

---

"Infirmis Capiti fluit Utilis, Utilis Alvo."

HOR.



NEWPORT: PRINTED BY R. SQUIRE.

# APPENDIX

CONTENTS

Page

1. List of names of persons who have been

Page

2. List of names of persons who have been

Page

3. List of names of persons who have been

Page

4. List of names of persons who have been

Page

5. List of names of persons who have been

Page

6. List of names of persons who have been

Page

7. List of names of persons who have been

Page

8. List of names of persons who have been

Page

9. List of names of persons who have been

Page

10. List of names of persons who have been

TO THE

# Gentlemen

OF THE

## MEDICAL PROFESSION.

---

GENTLEMEN,

Although Dr. Lempriere, in his Report on the medicinal effects of the Aluminous Chalybeate Water, which I some few years since discovered at Sand Rocks, in this Island, and to which report,\* I beg leave to refer you for more detailed information on the subject, has with much ability and science, expressed the opinion, which from experience, he has been led to entertain of its beneficial effects, in the cure of many very important and dangerous diseases, in the Army Depôt Hospital, at Parkhurst; yet as since the period of that publication, a great variety of cases have occurred both in my own practice, and in that of other

---

\* Published for and by Musson and Tayler, Newport, Isle of Wight; and Sold by Murray, Albemarle Street; and Nonaville and Fell, New Bond Street.

Gentlemen, in which the water has been administered with singular success. I am induced to hope you will pardon the liberty I now take, in again soliciting the honour of your attention to the merits of this new remedy.

Previous to my entering on a statement of the nature and properties, of this singular production of nature, it will not I trust be considered intrusive in me, to attempt to give a general sketch of the part of the country in which the spring is situated.

The Aluminous Chalybeate Spring issues from the cliff, on the S. S. W. coast of the Isle of Wight, below St. Catherines's Sea Mark, in the parish of Chale, from the village of which, and that of Niton, it is nearly equidistant.

The elevation is about one hundred and thirty feet above the level of the sea, and its distance from the shore about one hundred and fifty yards.

The beautiful and enchanting scenery, which so eminently characterises that part of the Island, extending from Shanklin to Niton, and which from its situation is emphatically denominated the Under Cliff, after leaving the latter village and proceeding westward, is succeeded by a tract of land, possessing features of a far different kind. Cultivation which gradually decreases, as we approach

the site of the spring, becomes totally suspended, the paucity of vegetable productions clearly evincing the sterility of the soil, but which is indeed rendered incapable of receiving improvement, at least in an agricultural point of view, from being encumbered with huge fragments of rocks, detached from the cliffs above. Here nature is seen arrayed in her wildest garb, presenting to the eye only large masses of broken rocks, bold and rugged cliffs and precipices, terminated by the ocean. This grand and majestic scenery however, is applicable only to the land, immediately in the vicinity of the spring, for beyond Black Gang Chine, (a vast chasm of considerable notoriety) distant about half a mile, the country assumes its wonted fertile appearance. To compensate for these seeming disadvantages which attend the locality of the spring, it is to be observed, that the views from it are in the highest degree interesting and beautiful, commanding the Under Cliff to the east, the British Channel to the south, the winding Coast to the west, and at increasing distances Freshwater Cliffs, the Needles, St. Alban's Head, and the Island of Portland. Sheltered also from the chilling influence of the north and east winds, by a range of lofty and majestic cliffs, the neighbourhood of the spring enjoys a mildness and salubrity of temperature, which renders it peculiarly adapted

for the residence of Invalids, the inconvenience which heretofore attended their access to it having been entirely removed, by the liberal aid of a few individuals; and a road has within the last two years, been formed through the tractless waste, sufficient for the passing of a carriage to the top of the spring; this however it is hoped will not only be still further improved, by the general amendment in the roads now making throughout the Island, but will also be carried on through the village of Chale to Freshwater, thus connecting the two extreme points of the Island, and forming an uninterrupted ride, unequalled for beauty and majestic scenery.

Although the spring may be said to be as yet only in the infancy of its discovery, yet the singular good effects which have already been derived from the use of the water, and consequently the great probability that this part of the Island, will shortly become a place of fashionable resort, has induced a Gentleman to open an Inn, at the south west extremity of Niton, to which he has given the very appropriate name of the Sand Rock Spring Hotel, which he has furnished with every accommodation suitable either to the invalid or votary of pleasure. The situation of the house is admirably chosen for the purpose, commanding the finest views of the sea and surrounding country, that can possibly be imagined.

Should the undertaking meet with encouragement, it is also his intention to erect warm and cold sea water baths, for the convenience of visitors. Contiguous to the Hotel, and enjoying the same advantages of salubrity of temperature and prospect, a large house in an unique style has lately been erected, which it is the intention of the proprietor, either to sell, or let as a lodging house, to any person who may prefer an habitation, in the neighbourhood of the spring.

The Aluminous Chalybeate Water, on examination, not only by the taste, (which is intensely Chalybeate,) but also by the application of chemical reagents, was found to contain, Sulphat of Iron and Sulphat of Alumen, substances which though rarely met with in combination with water, yet exist in this, in such large proportions, as to give it a very distinguishing character, and render the other ingredients, which enter into its composition wholly imperceptible to the palate.

As I have not been able to learn that any mineral water of the same class, has hitherto been discovered in Europe, possessing such powerful properties as the Sand Rock Spring; I shall take the liberty of transcribing in his own words, the result of the several experiments, which that very accurate Chemist, Dr. Marcet, has made on this water,

in order to determine its component parts, and which he has made the subject of a very valuable paper, published in the first volume of the Transactions of the Geological Society of London. It appears from Dr. Marcet's Analysis, that each pint or sixteen ounce measure of the water, contains the following ingredients, viz.

“ Of carbonic acid gas, three tenths of a cubic inch,		
“ Sulphat of iron, in the state of crystallized green sulphat	41 grs.	4
“ Sulphat of alumina, a quantity which if brought to the state of crystallized alum, would amount to	31	6
“ Sulphat of lime, dried at 160	10	1
“ Sulphat of magnesia or epsom salt crystallized	3	6
“ Sulphat of soda or glauber salt crystallized	16	0
“ Muriat of soda or common salt crystallized	4	0
“ Silica . . . . .	0	7
<hr/>		
	107	4

Dr. Marcet, goes on further to state, “That he is not acquainted with any Chalybeate or Aluminous Spring, in the Chemical History of Mineral Waters, that can be compared, in re-



“gard to strength, with that just described. The  
 “Hartfell Water, in Scotland, and the Horley  
 “Green Spaw, near Halifax, in Yorkshire, both  
 “of which appear to be analogous to this in che-  
 “mical composition, and were considered as the  
 “strongest impregnations of the kind, are stated  
 “by Dr. Garnett, to contain, the one only about  
 “fourteen grains, and the other forty grains of  
 “saline matter in each pint.”

The tonic powers of the sulphat of iron, as applicable to a great variety of obstinate and painful diseases, even when administred under the ordinary forms of prescription, and more particularly when given in a state of dilution, are well known to the profession; and the advantages to be derived from a further combination of this active remedy, with alum so prepared by nature, as to admit of its being applied in very considerable proportion over a large surface of the stomach without injuring that organ, are circumstances which I am convinced will not escape your observation.

Since the period of my first discovering this water, and ascertaining its properties, I have employed it very extensively, both in my public and private practice, and the result of my experience of its effects, has proved it to be a tonic, of the most powerful kind, and as such singularly effica-

cious in the cure of all diseases termed asthenic, arising from relaxed habits and languid circulation, among these may be enumerated, indigestion, particularly when induced by occasional acts of intemperance, in which it very readily removes the languor consequent thereon; nervous and hysterical complaints, (in which I have found it greatly superior to the volatile and stimulant medicines usually employed,) obstinate diarrhæas, the weaknesses peculiar to either sex, in strumous complaints, in passive uterine, hæmorrhagy, and in dropsy, particularly in anasarca. In addition to the high opinion which I have been enabled to form of its good effects, I am happy to have it in my power to add, the testimonies of other medical men of the very first respectability, particularly Dr. Saunders, and Dr. Lempriere, the former of whom in a letter I some time since had the honor to receive from him,\* informed me he had experienced the beneficial effects of the water, in cases of uterine hæmorrhagy, excessive discharges of the fluor albus, and in incipient cases of diseased uterus, so as to prevent the progress to ulceration, as also in chlorosis, and that he was persuaded it would be found useful in dyspeptic cases, and in chronic diarrhæas.

---

\* Published in Dr. Lempriere's Report.

The latter Gentlemen who, as before observed, is Physician to the Forces, at the Army Depôt Hospital, in this Island, has authorized me to say, he has given the water in upwards of two hundred cases, at that establishment, (where he also still continues to administer it,) principally consisting of those terminating in or connected with chronic debility; but more particularly in patients, who have been reduced by long residence in warm climates, by visceral obstructions, obstinate intermittents, especially those which prevailed among the troops, that served in the expedition to the Island of Walcheren, chronic rheumatism and the like, and where the ordinary tonics, both of the vegetable and mineral kingdoms, had failed to produce the desired effect. In such cases, provided the thoracic and abdominal viscera had not been previously impaired, or if they had been previously diseased, the more important symptoms being removed, the mineral water never failed to produce the most speedy and most beneficial effects, such as he had not before observed in any other remedy; evinced by a rapid improvement in the patients countenance, spirits, and appetite, and ultimately by a permanent re-establishment of his health.

The mode in which I have usually administered this water, and which I believe has been in gene-

ral adopted by others, has been in the first place to evacuate the patient's bowels, by a dose of rhubarb and magnesia, epsom salts, or other mild aperient, in order to remove any vitiated bile, or other offending matter, which may have accumulated in the intestinal canal, and then to begin the following morning after breakfast, with half an ounce of the water, diluted with two ounces of pure rain water, and this to be repeated twice a day at proper intervals. In a few days if it does not disagree with the stomach, this quantity may be gradually increased to two ounces of the water diluted as before three times a day. After this the dilution may be diminished, until it can be taken in its pure state, and the dose of the water be increased by degrees, till it ultimately amounts to four ounces, four times a day, making in the whole, one pint in the twenty-four hours, which is the most that ever has been found necessary to prescribe in one day, even in the most obstinate cases of intermitting fevers brought from Walcheren.\*

Sometimes in irritable stomachs, the water may produce nausea, and sometimes, though rarely may excite vomiting; these unpleasant effects

---

\* In delicate female habits, or with children, this dose may be found far too great, and should seldom, if ever exceed from four to six ounces in the course of one day.

are however easily obviated, by adding to each dose a teaspoonful of brandy, the compound tincture of cardamoms, lavender, or other aromatic tincture, taking care to obviate costiveness during the course. I think it also proper to state, that of late I have been frequently in the habit of employing it in extemporaneous prescription, agreeable to the following formula :

R. Aq. Aluminos Chalybeat. uncias quinque  
Tinct. Cardam. Comp.

Syr. Gingiber.

āā semunciam

Conf. Opii.

scrupulos. duos. M.

Sumat *Æger cochlearia* tria ter quaterve quotidie.

Sometimes also I have found it highly advantageous, to combine it with the pulv. cinchon, to prevent the return of paroxysm in intermittents.

At other times I have combined it with myrrh, and given it in those cases, in which medicines of that class have been indicated.

It is to be observed, that the beneficial effects of this water are not confined to its internal use; for being applied externally as a Lotion, it has been attended with the greatest advantage, particularly in the cure of scrophulous sores, foul ulcers, scrophulous ophthalmia, and in all herpetic diseases of the skin.

The best means of applying it externally, is by washing the parts with it threc or four times a day, for a quarter of an hour at a time, and intermediately laying on compresses, or folds of fine linen rags wet with it, and renewed as often as they become dry.

It appears from the analysis before-mentioned, that the several substances which enter into the composition of this water, are held in solution for the most part, by a fixed acid, instead of one in a gaseous state, which accounts for its suffering only a very trifling deromposition, and that only when exposed to heat and light. It may evidently then by a due attention to this circumstance, be kept for a considerable length of time, without losing any of its properties, and may be administered with equal advantage, at any distance from the spring.

I have the honour to be,

Gentlemen,

Your most obedient humble servant,

**T. L. WATERWORTH.**

Newport, Isle of Wight,  
March 31. 1814.

---

R. Squire, Printer, Newport, Isle of Wight.